

DECEMBER 15TH: REINDEER COOKIES



(IMAGE TAKEN FROM <https://eatingrichly.com/reindeer-gingerbread-cookies-gingerbread-men/>)

All you need to make these fab reindeers is a basic gingerbread recipe, a couple of red sweets of your choice, chocolate drops and white icing/or a white edible icing pen/tube.

And the shape? Looks familiar? It's just the cookie shape of a gingerbread man upside down-clever huh?

Dyspraxia Foundation Youth Top Tip over Christmas period
REST!!

Be sure to get plenty of sleep and rest during Christmas. Feeling tired can lead to us feeling less able to cope. Grab yourself an early night or nice lie in.

More tips like these found in link below:

Need support?

<https://www.anxietyuk.org.uk/blog/anxiety-uk-10-tips-for- coping-with-christmas/>